

September 2006

# *The Senior Scene Vistas de los Mayores*

City of Santa Fe  
Division of Senior Services



*a complimentary monthly publication*

**CITY OF SANTA FE, DIVISION OF SENIOR SERVICES****Administration Office**

1121 Alto Street, Santa Fe, New Mexico

Patricia Rodriguez, Director

**Administration**

Patricia Rodriguez, DSS Director	955-4799
Ron Vialpando, DSS Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Liz Williams, Reception	955-4741

**Marketing**

Jackie Gonzales, Marketing/Advertising	955-4740
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**Nutrition**

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Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Secretary	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

**Meals On Wheels**

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

**Senior Center Programming**

Lupita Martinez, Center Prog. Admin.	955-4725
Christine Sanchez-Warren, Prog. Coordinator	955-4715
Cristina Villa, Program Coordinator	955-4733
Carmen Chavez-Lujan, Prog. Coordinator	955-4754

**Foster Grandparent/Senior Companion Program**

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744

**Retired Senior Volunteer Program (RSVP)**

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

**In Home Support Services, Respite Care****Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

**Senior Olympics/Health Promotion**

Carmen Chávez-Luján, Program Coordinator	955-4754
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**Senior Registration**

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

**Transportation****Ride Reservations 955-4700**

Robert Chavez, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4702
Linda Quesada, Administrative Secretary	955-4756

**Miscellaneous**

Lobby Area	955-4735
Craft Room	955-4736
Pool Room	955-4737
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794
Conference Room	955-4757

**Newsletter Production**

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist
David R. Gonzales, Cover Illustration,
"Adobe House, Santa Fe"
Judy Valdez, Proofreader

**CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.**

CHIMAYO	351-4686
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Benny Chavez Community Center
Chimayo, New Mexico 87522

EDGEWOOD	281-2515
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114 Quail Trail
Edgewood, New Mexico 87015

EL RANCHO Community Center	455-2195
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P.O. Box 3860
Santa Fe, New Mexico 87501

ELDORADO	No Phone
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1 Hacienda Loop
Santa Fe, New Mexico 87505

LUISA	955-4717
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Kitchen	955-6898
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1522 Luisa St. (enter from Columbia St.)
Santa Fe, New Mexico 87501

MARY ESTHER GONZALES	955-4721
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1121 Alto St. Santa Fe, New Mexico 87501	
MEG Kitchen	955-4751

PASATIEMPO
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Kitchen	955-6433
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664 Alta Vista St.
Santa Fe, New Mexico 87501

RIO EN MEDIO Community Center	988-3053
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El Alto Lane
Rio en Medio, New Mexico 87506

SANTA CRUZ	753-8598
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Abdon Lopez Community Center
Santa Cruz, New Mexico 87567

VENTANA DE VIDA (Pacheco)	955-6731
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1500 Pacheco St.
Santa Fe, New Mexico 87505

VILLA CONSUELO	474-5431
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1200 Camino Consuelo
Santa Fe, New Mexico 87505

# DIRECTOR'S REPORT

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Dear Seniors,

Remember last year at this time? We all were complaining about outrageous gasoline prices. Now a year later, prices have continued to rise. In fact, we are now paying over 62% more for gasoline compared to just two years ago.

In our personal lives, most of us have been forced to adjust our budgets or drive less, just to make ends meet. However, the Division of Senior Services Transportation Program doesn't have the flexibility to cut back on the miles driven. **Many seniors depend on our program for rides to doctor appointments, to meal sites, grocery shopping, and for other important errands.** What's more, because of high gasoline prices many more seniors have been forced to use our assisted door-to-door transportation services.

As you can probably guess, our budget has not kept pace with increasing gasoline prices. Our suggested donation is only 50 cents per ride, which is still the best deal in the state. **You can help us to keep the per ride cost as low as possible by faithfully making your donations, and if you can afford to contribute a little extra, please do so.**

Also, please keep in mind that medical appointments are always our top priority. Additionally, grocery shopping and errands must be scheduled for Tuesdays and Thursdays. **Since more seniors are now using our transportation services, it is imperative that you call at least 24 hours in advance to schedule rides.** The telephone number for our transportation office is **955-4700**. If we all work together, we can get through these difficult economic times.

Rest assured that the entire staff is committed to providing the highest possible quality services to the elderly of our community. Thank you all for your continued support.

May God Bless You All,

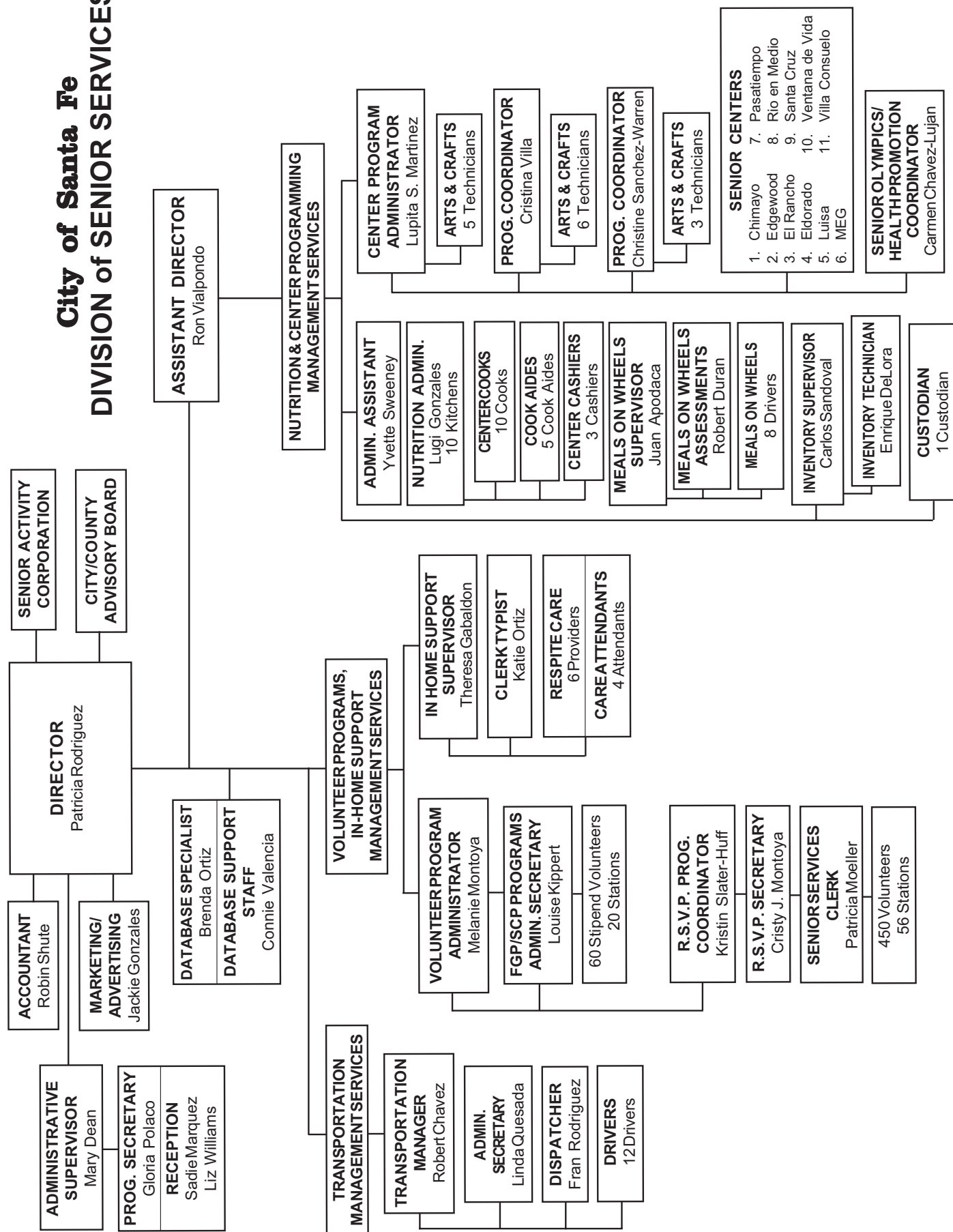


May God Bless You All,

*Patricia*

# City of Santa Fe

## DIVISION OF SENIOR SERVICES





# SENIOR SERVICES PROGRAM INFORMATION

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## Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

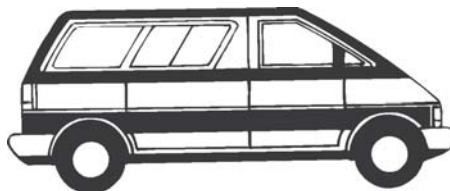
If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only),  
**and must**
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.



## SENIOR TRANSPORTATION INFORMATION

**Cost:** Seniors age 60 or over .50¢ suggested donation per ride (one way trip)  
**Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).**

**Eligibility:** If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700.

**Schedule:** Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays, and 8:00 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays, & Fridays.

Rides for medical appointments are given top priority over all other rides.

Rides for personal errands and shopping assistance should be scheduled on Tuesdays and Thursdays. Every 3rd Tuesday rides will only be provided for commodities, medical appointments, and the lunch run.

**Contact:** Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 3:00 p.m.

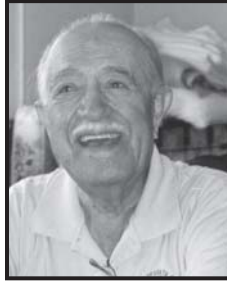
Ride reservations for medical appointments should be set as soon as you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

**Note:** Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

# NEWS & VIEWS

## *They Will Be Missed.....*

**Radames Bayardo**, age 87, of Santa Fe passed away on August 5, 2006, following a short illness. Rod was born on July 10 in San Francisco, California. He was a U.S. Army Air Corps veteran during World War II at the Clovis Army Air Field in Clovis, New Mexico. After the war, he traveled the world while serving in the Merchant Marine and later pursued a career in electronics. After retiring to Santa Fe, he joined the Foster Grandparent Program where he tutored/mentored children in the bi-lingual program at Sweeney Elementary School. He was loved by teachers and children alike. He is survived by his sister Micaela Amato, a great-niece and a great-nephew. He will be dearly missed by all.



## **Cecilia Zamora**

Age 97 passed away peacefully on July 15, 2006. Born in Lincoln, N M to Sambrano and Amable Vigil, she resided in Vaughn, NM, until moving to Santa Fe in 1944. She was well known in the community and was a popular waitress for many years at Woolworth's on the plaza. Her strong work ethic was admired by those who knew and loved her. Her favorite pastimes were working in her garden and walking. She was an active member of the Guadalupe parish.



## **Yvonne Wilson**

(Written by Yvonne when she knew her time was near an end)

I loved life, lifetime friends, my Friends in Deed colleagues and clients and my community of friends.

Many people helped me over the years supporting our Friends in Deed Team. Throughout my life I have enjoyed the support from local colleagues, making my work most interesting. Most enjoyable has been my work on a volunteer basis that continues to give me great pleasure. I have met numerous people in Santa Fe and I'd say that they have brought me great satisfactions too numerous to mention. Beyond my parents being active in the community, my whole life I took part in local charities where I played the clarinet and enjoyed my sister's company as she played the marimba. It was just a natural extension to be a loving auntie, a non-profit volunteer, a political advocate and a member of a long-term medication group. Yes, my greatest satisfaction has come through the love I share in my relationships. I lived a very happy life.

I am grateful to many people and I hope each person recognizes himself or herself in this "Thank you." I feel so fortunate to have been surrounded by people that have made my life so rich and wonderful, my extended family and long time friends.



## **Volunteers Needed**

If you or someone you know is ready to make a difference in our community, the Foster Grandparent and Senior Companion volunteer programs would like to hear from you. Placements for the new school year are available in the local public schools and Head Starts or in nursing homes or private senior homes. Income eligible seniors will receive a modest tax free stipend, mileage reimbursement and the satisfaction of helping children with special and/or exceptional needs or lonely, isolated senior citizens. Call Melanie at 955-4761.

## **Corrections**

In the July 2006 Senior Scene, we listed St. John's United Methodist Church on Old Pecos Trail as a commodity distribution point for the TEFAP program. The church has not been distributing commodities for several years.

We also misprinted the times of the lunches served at St. John's Soup Kitchen. Lunch is served every weekday from 11:30 a.m. to 12:30 p.m.

# NEWS & VIEWS

## SEPTEMBER EVENTS SUPPORTED BY SENIOR SERVICES



### Alzheimer's Memory Walk

Join the Walk that Millions will Never Forget: The Alzheimer's Memory Walk. Get up and walk in one of the 600 communities across the country that participates in the annual Alzheimer's Association Memory Walk, their largest fund raising event of the year. The Alzheimer's Association's Tri-City Memory Walk will be held in Santa Fe this year as Santa Fe, Los Alamos and Española join forces for the fundraising event for Alzheimer's education, care and support services. So, take steps to end Alzheimer's by joining this fun and important event to raise money and awareness.

There will be a pancake breakfast followed by a spirited walk around Frenchy's Field, a silent auction, music by "Kamusha" and "Durango", fun kids' activities, refreshments and prizes all for teams and individuals who have gathered pledges to raise funds. All funds raised stay in state to support the 34,000 New Mexicans who have been diagnosed with Alzheimer's disease or dementia, and the 100,000 family members and friends who provide care to a loved one with the disease. Families, organizations and businesses are being asked to form teams for the walk and corporate sponsorships are welcome. Children, strollers, wheelchairs and well-behaved dogs are encouraged to participate. To volunteer for the event, call 955-4760.

### Alzheimer's Memory Walk Info:

**Saturday, September 23, 2006 8:00 a.m. - Noon**  
**Frenchy's Field on Agua Fria at Osage.**

**For information, or to register, call Denise at 690-8437.**

### Older Workers' Day Celebration

The New Mexico Workforce Connection, Santa Fe's one-stop Career Center, invites you to their annual partner celebration "Our Living Treasures/Tesoros Vigorosos". This event is part of *Employ Older Workers Week* and is a service/job fair. The day will include a free computer lab workshop with a beginning computer course, Internet access for job searches, Microsoft Word and Excel training, and assistance with self-paced learning software. There will be music, food, door prizes, and an opportunity to learn about job training for older adults.

The celebration is on Friday, September 29 from 11:00 a.m. to 3:00 p.m. at their offices at 2904 Rodeo Park East, Suite 300- by Rodeo Rd. and Sawmill. For more information, call them at 473-5831.

**Round-trip transportation from M.E.G. center leaves at 12:30pm.**



### 2006 Health and Safety Extravaganza

This event is designed to make the residents of Santa Fe and Northern New Mexico aware of the many services available, and to provide free screenings, services and valuable information regarding health and safety. There will be entertainment, snacks, giveaways, live radio remotes from the site, and plenty of free parking.

The event will be on Friday, September 15<sup>th</sup> from 10:00 a.m. to 3:00 p.m. at the Santa Fe Community College's administration building. The event is hosted by St. Vincent Regional Medical Center, Santa Fe Community College, the City of Santa Fe and Santa Fe County.

**Round-trip transportation leaves from M.E.G. center at 10:00am and noon.**

# NEWS & VIEWS

## Virginia Soto at Pasatiempo Senior Center

Born in Terrero, New Mexico, the oldest of two brothers and three sisters, Virginia Soto has never stopped working for a moment. When the Terrero mines closed down in 1939, her parents moved the family to Santa Fe.



In 1950, she married Leonard Heidel and the two went on to have five children. Although Leonard passed away in 1974, Virginia's children bring her much joy. Michael works in construction and has two children. Larry and his wife, also with two children, are both teachers in Texas. Paul works in construction and has three children. The only daughter, Kathy, works for Children, Youth and Family Services. The youngest is Louie, and he works at Park Avenue Cleaners. All but Larry live in Santa Fe, and between them all, Virginia has 3 great grandchildren and one on the way.

Over the years, Virginia worked at many jobs. As a teenager, she was a waitress at Faith Café and a soda jerk at Wilson's Soda Bar. Later on, she worked at Franklin's, Taighert's and Levine's shops before she went on to employment with the County of Santa Fe and then the State of New Mexico.

Volunteering has been a part of her life since she became involved in politics when she was 14. These days, Virginia is a member of RSVP and helps oversee things at Pasatiempo (where she has lived since 1995). She makes sure activities and meals happen even though the kitchen is closed and there is no full-time staff there. When asked why she is such a dedicated volunteer, Virginia said: "I love the seniors. I dealt with my grandparents when I was 13 and they couldn't do for themselves, and later I took care of my mother. I don't feel like a senior myself, maybe because I am so strong-willed."

When she is not at the Senior Center, Virginia can be found at home where she loves to cook and bake, or checking in on a neighbor, or arranging entertainment for a special event for "her seniors".

We salute you, Virginia; for all the hard work you do to help others!

## Help for your Home

An extraordinary senior volunteer has offered to assist with minor repairs to your home, without charging any labor fees. This gentleman just retired from 22 years as an Army helicopter mechanic, and he can fix almost anything. If you have a minor problem on your home, from roofing, electrical or welding to carpentry or mechanical, we can put your name on the list to receive assistance from this gentleman and his wife. You will be required to purchase any needed materials, but they will work for free.

To get on the list, please call the RSVP office at 955-4760.

## ECHO Commodities Food Distribution

At the County Extension Bldg.  
3229 Rodeo Rd.

Third Tuesday  
of every month  
9:30 a.m. - 1:30 p.m.

September 19

Call 505-242-6777 for information.



## September Birthday Celebrations

Join us in celebrating with those who have a birthday this month:

Ventana de Vida Senior Center on Friday,  
September 15<sup>th</sup> at 11:30 a.m.

Luisa Senior Center on Friday, September 15<sup>th</sup>  
at 11:30 a.m.

Santa Cruz Senior Center on Tuesday,  
September 19<sup>th</sup> at 11:30 a.m.

El Rancho Senior Center on Wednesday,  
September 20<sup>th</sup> at 11:30 a.m.

Mary Esther Gonzales Senior Center on Friday,  
September 22<sup>nd</sup> at 11:30 a.m.

Edgewood Senior Center on Thursday,  
September 25<sup>th</sup> at 12:00



# NEWS & VIEWS



## CROP WALK to End Hunger

Come rain or shine, many area residents will join in the CROP WALK to help end hunger locally and around the world. The five-kilometer WALK will begin at St. Francis Cathedral School, 275 East Alameda. Organizers will also offer a shorter walk route for those who want it. CROP WALK offers a wonderful opportunity for groups from faith organizations, schools, businesses, senior centers, and community organizations to team up for a good cause. Consider getting a team together to raise funds for local and international hunger-relief efforts.

This year's theme is "Walking Together." CROPWALKERS will be proclaiming their solidarity with the millions of neighbors around the world who have to walk to live—as well as with the millions served by local food pantries, food banks, and meal sites here in the U.S. A portion of the funds raised in Santa Fe will go to battle hunger in northern New Mexico through The Food Depot, northern New Mexico's food bank, serving as a not-for-profit clearinghouse for food donated by private and public sources to fight the ongoing battle against hunger and poverty.

CROP WALKS help to support the overall ministry of Church World Service (CWS), especially the grassroots, hunger-fighting development efforts of partner agencies in more than 80 countries. CROP WALKS help to provide tools of hope that empower people to meet their own needs. From seeds and tools, to wells and water systems, to nutrition-enhancing Moringa trees, to technical training and micro-enterprise loans, the key is people working together to identify their own development priorities, their strengths and their needs, something CWS has learned through 58 years of working in partnership around the world.

The event will be on Sunday, October 8<sup>th</sup> at 2:00 p.m., with check-in at 1:00 p.m. For more information about the Santa Fe CROP WALK, contact Isa Spoonheim at 473-9528 or Adele Canup at 988-2069. Go to [www.cropwalk.org](http://www.cropwalk.org) for more information about this exciting event!

## Please Note

The article in the August 2006 Senior Scene about the Russian Waterways Tour was printed strictly for informational purposes. The Division of Senior Services does not sponsor that trip. In the future, this newsletter will only print information about trips sponsored by the DSS Travel Committee.

## Senior Centers Closed

All senior centers will be closed on Monday, September 4<sup>th</sup> in observance of Labor Day. All senior centers will be closed in the afternoon (1/2 day) on Friday, September 8 in observance of Fiestas. (Congregate meals will not be served; only Meals on Wheels.)

## Advisory Board Outreach Change

Rio en Medio Senior Center- Robert Fernandez will be available the second Wednesday of every month, 9:30 - 12:30.

## Care to Share...

your art talents? Pasatiempo is looking for an art instructor. If you are interested, please call Carmen at 955-4754.

## Farwell to Mr. Gene Peoples, Foster Grandparent

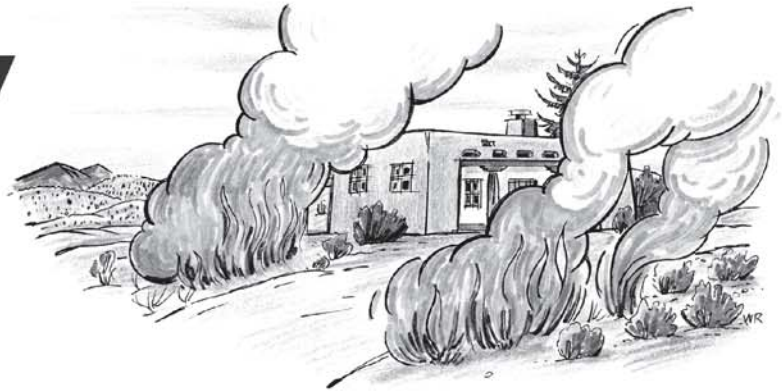
Thank you for your eleven years of faithful volunteer service to our program. Good luck in Colorado!



## Gobs of Jobs

The Gobs of Jobs Community Career Fair brings businesses together with job seekers. Sponsored by the New Mexico Department of Labor, Santa Fe Community College and JSEC, it will be located at the Santa Fe Community College on September 28 from 10:00 a.m. to 2:00 p.m.

# **Free Emergency Preparedness Kits for Seniors**



On September 21, you are invited to receive and review your own Emergency Preparedness Kit comparable to those issued by the American Red Cross. The kits retail at about \$40 each and contain three days of emergency supplies, including sterile water, food bars, a flashlight, light sticks, a whistle, a thermal blanket, body/hand warmers, a rain poncho, a dust mask, hygiene supplies, a biohazard waste bag and basic first aid supplies. Join us for this potentially life-saving workshop!

The morning will include:

- Presentation by Martin Vigil, Director of Emergency Management for The City & County of Santa Fe
- Emergency preparedness issues for seniors and their companion pets
- Emergency Preparedness Kits
- Packets for Life, medical information, and help to complete them
- Refreshments

The session is sponsored by the Retired Senior Volunteer Program (RSVP), and any senior age 55+ is invited to attend. It is entirely free of charge. Each senior who comes to the workshop will go home with a complete kit. Please bring your Senior ID card.

**Date & Time: Thursday, September 21, 10:00 a.m. to noon**

**Location: Genoveva Chavez Community Center, Community Room**

**Information/Questions: Call the RSVP office at 955-4760**

**Reserve Your Space: Call 955-4721 by September 18<sup>th</sup>**

# LEGAL & CONSUMER INFORMATION

## Medicare Update

(From the Medicare Rights Center)

**Question: The staff at my father's Skilled Nursing Facility (SNF) is forcing him to transfer to another facility. Can they do this?**

**Answer:** Your father cannot be sent to another facility or made to leave a SNF unless:

- the nursing home cannot give him the care he needs;
- he no longer needs SNF care;
- his safety or the safety of others in the facility is in danger;
- the health of others in the facility would be in danger if he stayed;
- the facility closes; **or**
- he does not pay for the services he is responsible for.

If none of these are true, you must be notified in writing when a SNF plans to terminate services your doctor ordered because it believes that Medicare will deny payment. This notice, called an Advance Beneficiary Notice (ABN), must clearly explain your right to continue receiving services and to demand that the SNF submit a claim to Medicare. This is called a demand bill. In order to demand bill, you must sign the ABN and agree to pay for the services in full if Medicare coverage is denied. You have the right to continue receiving services until Medicare makes its decision.

If your Medicare plan denies coverage, you should submit a letter appealing the decision. If possible, include a letter of support from your doctor explaining why your father needs more SNF care. Be sure to make copies of your documents and mail them via certified mail. (All of this applies whether you are in Original Medicare or a Medicare HMO or PPO.)

To learn more, refer to the MRC flier *If You Need Skilled Care in a Nursing Home* or the government booklet *Medicare Coverage of Skilled Nursing Facility Care*. For more information, go to [www.medicarerights.org](http://www.medicarerights.org)

## Condo Mania

(From AARP Bulletin July-August 2006)

In towns and cities across the country, developers have been buying up buildings with tens of thousands of rental apartments, fueling the biggest wave of condo conversions in two decades. The wave began in 2004 and by the end of 2005 more than 260,000 apartments had been taken out of the rental market to be sold as condos.

Healthy urban economics create pressure for close in, convenient housing. Where undeveloped land is scarce, developers look for older buildings to convert to condominiums, and many of these are buildings where the renters have put down roots and stayed and aged. Converting rental properties to condos can allow some buyers priced out of single family housing to own their own homes. Many older tenants living on fixed incomes however cannot afford to buy their apartments, triggering wrenching moves. There are no federal laws governing the conversion of rental units to condos, and state and local laws vary widely. Generally, condo conversions laws require owners to notify tenants, offer the right to purchase their units and give them adequate time to relocate.

## National Governors Association

(From the NM Aging and Long-Term Services Dept.)

The National Governors Association (NGA) is the collective voice of the nation's governors and one of Washington, D.C.'s most respected public policy organizations. NGA provides governors with services that range from representing states on Capitol Hill and before the administration, to developing policy reports on innovative state programs and hosting networking seminars for state government executive branch officials. The NGA Center for Best Practices focuses on state innovations and best practices on issues that range from education and health to technology, welfare reform, and the environment. For more information about NGA and the Center for Best Practices, please visit [www.nga.org](http://www.nga.org).



# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## COMMUNITY NEEDS

*The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.*

### BACK TO SCHOOL



### Help a Child Replace a Life of Hurt with One of Hope - Become a CASA Volunteer

Countless children from our neighborhoods will be removed from their homes this year because their parents have physically, emotionally, or sexually abused them, or neglected or even abandoned them. They need someone to make sure they don't get lost in the overburdened child welfare and legal systems, to speak up for their best interest, to help them find their way to a safe, permanent and loving home. That someone could be you. As a CASA (Court Appointed Special Advocate) volunteer you can be a powerful voice for these young victims in state custody. Just a few hours a month can make a huge difference in the life of a child. Can you spare the time?

**Advocate training starts October 1<sup>st</sup> 2006.** No special background is required - just the heart and the will to make the difference. Advocacy in the courtroom is not for everyone. You can still support CASA's work by joining CASA Amigos. Volunteer opportunities include helping out in the office, planning or staffing special events, or helping with fundraising efforts.

### Santa Fe Boys and Girls Clubs

Boys and Girls Clubs of America are nationwide organizations first established in 1942 to give children from disadvantaged circumstances a safe, exciting place to grow and learn, all day long in the summer months and afternoons during the school year.

Volunteers assist with the mandatory Power Hour period after school, to help members complete their assigned homework accurately and provide needed study time, or work with kindergarteners to learn to read. You can work individually with one student, or with a small group. This is a wonderful opportunity to establish a trusting relationship with a child, without having to commit to a certain number of months or hours. Tutors are needed every weekday, but can show up as often or as infrequently as their schedule allows.

### Big Brothers Big Sisters of Northern New Mexico

The world is a big place for a little person. Join Big Brothers/Big Sisters of Northern New Mexico and help a boy or girl make sense of it all. Become a regular part of the life of an at-risk youth. You will be surprised at how much of a difference your presence, your dependability and your care can make to a young person. Big Brothers/Big Sisters offers children, ages 6 through 18, the extra chance to grow into healthy, productive adults through one-to-one professionally supported mentoring. Volunteers are carefully screened through police background checks, reference checks, a personal interview, and a home visit. All volunteers are trained by professional staff.

As a volunteer you will be matched with a child whose interests are the closest to your own. Their Community Program matches Bigs to Littles one-to-one for nine months or more, spending two to three hours per week several times a month. Take your "little" to the park, or a museum, out to eat, or just for a walk. You will develop a relationship with that child and really make a difference, and it is such a small amount of your time to give.



# RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

## Free Emergency Preparedness Kits

RSVP is sponsoring an Emergency Preparedness Workshop. We will assemble and distribute Emergency Preparedness Kits comparable to those issues by the Red Cross. The morning will also include a presentation by Martin Vigil, Director of Emergency Management for the City & County of Santa Fe, a special focus on emergency issues for seniors and on companion pets in an emergency, Packets for Life, help to complete them, and refreshments.

Any senior age 55+ is invited to attend. It is entirely free of charge. Each senior (or volunteer) who comes to the workshop will go home with a complete kit.

Join us Thursday, September 21, 10:00 a.m. to noon at the Genoveva Chavez Community Center. Please call 955-4721 to reserve your space by September 18 and bring your Senior ID card.

## Make a Difference Day

The fourth Saturday of every October is *USA Today Magazine's* Make a Difference Day. The RSVP office is organizing a day of service for anyone interested in making a difference by helping out for one day. You don't have to be an RSVP volunteer, so bring your friends and family.

On Saturday, October 28, we will help the Boys and Girls Club at 730 Alto Street from 9:00 to noon. We will spruce up, paint and repair the heavily-used facility for many of Santa Fe's low-income children.

## Reminder-Hours Reports Due

Volunteers-It is about time to turn in your volunteer hours in writing to the RSVP office. If you have not done so, please mark down all the volunteer work you have completed (including traveling to and from volunteer jobs and any kindness you might have performed for someone outside your family) in July, August and September. Then, fax, mail, email or hand-deliver the paper to the Mary Esther Gonzales Center or the Luisa Center. Thank you. If you have questions, please call us at 955-4760.

In Fiscal Year 2005/2006, 428 Santa Fe RSVP volunteers gave 122,134 hours to help others. Wow!



## Birthdays this Month

The Retired and Senior Volunteer Program  
wish a very happy birthday to our active  
volunteers born in the month of

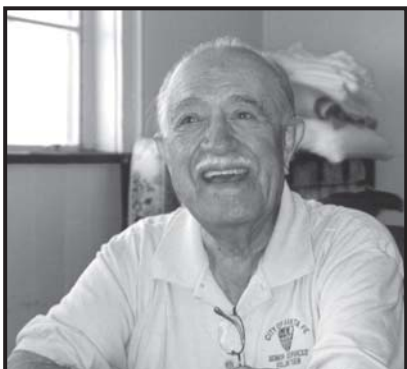
## September

Peggy Hemmendinger	9/1	Nell Barnes	9/18
Donald G. Sanders	9/1	Antonita R. Gonzales	9/18
Charles R. DeMuth	9/2	Norma R. Green	9/18
Luis Hernandez	9/2	Susan A. Maslar	9/18
Claudia Robbins	9/4	Celina "Sally" Roybal	9/18
Corrine Vargas	9/7	Robert A. Simpson	9/18
Sandra Kendall	9/8	Annie L. Montoya	9/21
Burwell Grant	9/9	Carlos Aguirre	9/22
Leo Varela	9/9	Sue Land	9/22
Mary Frances Ferrero	9/10	Gordon A. Schaffner	9/23
Roy Trujillo	9/10	Donald Dayton	9/25
Jake Martinez	9/11	Karl Kregor	9/27
Linda R. Watkins	9/11	Edna Maestas	9/27
Adelina Roybal	9/12	Irene R. Maestas	9/28
Corinne C. Martinez	9/13	Grace G. Valdez	9/28
Janet Amtmann	9/15	H. Chris Davis	9/29
Doug Williams	9/15	Enrique M. Montoya	9/30
Rita Kilkenny	9/17	Vicenta J. Trujillo	9/30

*Have a Great Day!*

# FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS

## In Loving Memory of Radames "Rod" Bayardo



Rod Bayardo, age 87, passed away on August 5, 2006. He was a dedicated and loving Foster Grandparent, previously volunteering at Sweeney Elementary School where he was known as "Abuelito." The following was submitted by Sandra Sena, Sweeney Elementary Teacher.

When Rod came to our school, we were especially excited to have a "grandpa" for our students. We were impressed by how the kindergarteners and first graders he worked with bonded to their "Abuelito" so quickly. They responded to his kind but firm nature. He loved them as though they were his own. He was also an invaluable gift to us because of his ability to speak Spanish so fluently with the students. He also was at school bright and early each morning with a spring in his step and a smile for everyone he passed ready to start the coffee in the volunteer lounge.

Rod couldn't wait to get to school each day. The morning he passed away, he called me and wanted to know when the regular school year started. In fact, this past year he worked the *entire* day in order to help a new teacher he worked with. He was not the type of person to sit back and watch. Rod was a definite doer! He also worked in our Summer School program. And when he wasn't working with us, he spoke of working on his computer or looking for computer classes to take and spending time with his niece and nephew of whom he was very fond of.

One of our last memories of Rod will be for his birthday this year. During summer school, he was surprised by a party thrown by the teacher and

students he was working with. Later, all the teachers and the other foster grandparents took him out for lunch. That day, Rod was smiling even more than usual! He was showered with gifts, received a serenade of "Las Mananitas" and "Happy Birthday", and seemed to have someone hugging him every moment that day. Rod was at his best that day. We are grateful to have shared in this and many other special moments with a beautiful person that we will cherish and keep in our hearts forever.

## In-Service Training

September's in-service training will focus on emergency preparedness. The workshop will include emergency tips by a certified EMT, packets for life and assistance completing them, distribution of Emergency Preparedness Kits which contain three days of emergency supplies including water, food, flashlight, light sticks, thermal blanket, body/hand warmers, first aid kit, etc. Each volunteer who participates in the workshop will go home with a complete kit. The training will take place on Thursday, September 21 at 10:00 a.m. till noon at the Genoveva Chavez Community Center. Volunteers will not be required to work this day and should plan on attending this informative workshop.



**The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of September.**

Sally Rangel	9/9	Mary Grace Saiz	9/22
Adelina Roybal	9/12	Margie Douglas	9/23
Ruby Jo Martin	9/14	Lourdes Ortega	9/24
Socorro Arroyo	9/19		

*Thank You Volunteers!*

# *ACTIVITIES* *schedule by center*

**All activities are open to eligible seniors with a senior center membership ID card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.**

Weaving Open Crafts Ceramics Shopping/Errands	<b>CHIMAYO</b> Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Sounds of the Past (English)	<b>PASATIEMPO</b> Mon./Wed./Fri. Wednesday Thursday Monday	9:30 am 9:30 am 9:00 am 12:30 pm
Board Games Ceramics (beg.) Ceramics (Adv.) Bingo Leatherwork Art Technique	<b>EDGEWOOD</b> Mon. thru Fri. Monday Tuesday Tuesday Wednesday Thursday	10:00 am 1:00 pm 1:00 pm 12:30 pm 1:00 pm 1:00 pm	Art Exercise Liquid Embroidery Ceramics Bingo	<b>RIO EN MEDIO</b> Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands	<b>EL RANCHO</b> Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Wood/Straw Shopping/Errands Exercise	<b>SANTA CRUZ</b> Tuesday Monday Tuesday Tuesday Thursday Tuesday	9am/12:30pm 12:30 pm 9:00 am 12:30 pm 12:00 pm 10:00am
Coffee Pool/Cards Liquid Embroidery Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day Exercise	<b>LUISA</b> Mon. thru Fri. Mon. thru Fri. Monday Monday Tuesday Wednesday Friday Last Wed. of Month Friday	8:00 am 8:00 am 9:00 am 12:30 am 11:45 am 9:00 am 1:00 pm 1:00 pm 9:30 am	Bd. Games/Cards Coffee Bingo Toastmasters Art Technique Open Crafts Exercise	<b>VENTANA DE VIDA</b> Mon. thru Sat. Mon. thru Fri. Monday Monday Tuesday Friday Wed./Fri.	10:00 am 11:00 am 4:00 pm 6:30 pm 1:15 pm 1:15 pm 8:30 am
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Quilting Ceramics Wood/Straw Spanish Sing-A-Long Line Dancing Knitting	<b>M.E.G.</b> Mondays Mon. thru Fri. Mon. thru Fri. Monday Monday/Wed. Tuesday Wed./Fri. Thursday Wed./Fri. Friday Friday	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 10:00 am 9:30 am 9:30 am 11:30 am 1:30 pm 2:30 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw	<b>VILLA CONSUELO</b> Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm

Classes are subject to change or cancellation. For more information, please call 955-4725.

# ACTIVITIES *schedule by class*

All activities are open to eligible seniors with a senior center membership ID card. Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

## ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

## BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	4:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

## BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

## CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

## COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

## CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

## EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	9:30 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30am	Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Luisa	9:30 am	Friday

## GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

## LEATHERWORK

Edgewood	1:00 pm	Wednesday
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## MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	Third Friday

## OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

## POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

## QUILTING/SEWING

M.E.G.	10:00 am	Tuesday
Pasatiempo (sewing)	1:30 pm	Friday

## SING-A-LONG

Luisa	11:45 am	Tuesday
Pasatiempo (English)	12:30 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

## TAI CHI

Pasatiempo	9:00 am	Thursday
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## WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

## WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

## TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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# ACTIVITIES

## Book Reading & Signing

The long awaited book *Ayer y Ahora, Yesterday and Today, Stories of Santa Fe and Northern New Mexico* is complete! We invite you to celebrate the project, writers, and their published works during a **book reading/signing event and reception** on Friday, September 29, at the MEG center from 10:00 a.m. to 1:00 p.m.

Over the last nine months, many seniors have written stories about the changes in the culture and life in Northern New Mexico. The stories are a result of several writing workshops conducted by Robert Wolf, Director of Free River Press, as organized by the Division of Senior Services and funded by the McCune Charitable Foundation.

The books will be available for purchase at the event for \$12.00.



Listen each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!

## Centers Closed

All senior centers will be closed on Monday, September 4<sup>th</sup> in observance of Labor Day. All senior centers will be closed in the afternoon (1/2 day) on Friday, September 8 in observance of Fiestas where only home-delivered meals will be delivered – congregate meals will not be served).

## Liquid Embroidery Class

Liquid embroidery paints provided  
Bring whatever fabric you would like to  
decorate  
Every Monday at 9:00 at the Luisa  
Senior Center



## FREE Mobile Health Fair Van...

for all your healthcare needs. Se habla Espanol.

Sponsored by Santa Fe County, St. Vincent Regional Medical Center & Presbyterian Medical Services.

Chimayo: M & T, 11<sup>th</sup> & 12<sup>th</sup>, 11 am - 1 pm

Rio en Medio: W, 13<sup>th</sup>, 11 am - 1 pm

SFCC Health Fair: F, 15<sup>th</sup>, 9 am - 3 pm

Ventana de Vida: M & T, 18<sup>th</sup> & 19<sup>th</sup>, 9 am - 3 pm

Pasatiempo: W & Th, 20<sup>th</sup> & 21<sup>st</sup>, 9 am - 3 pm

Exercise classes on Fridays: 9:30 am at Luisa.

## Congratulations, 8-Ball Winners!

1<sup>st</sup> Don Jerome Serna

2<sup>nd</sup> Louie Baca

3<sup>rd</sup> Peter Ballas

4<sup>th</sup> Kenneth Scott

5<sup>th</sup> Bill Friedman



Thank you, Tomasita's for being our annual sponsor! Gerry Bower, Tournament Coordinator/Officiator.



## Fiesta Dance

Thursday, September 7, Fraternal Order of Eagles  
833 Early Street, 1:00 to 4:00 p.m.

Live music by Sombra. Bring your Senior ID Card.

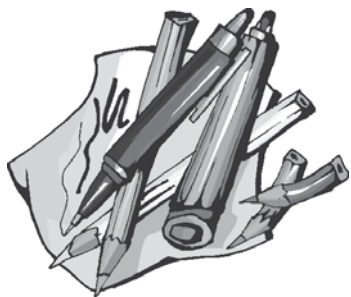
Refreshments will be served. Admission: \$2.00

Sponsored by Casa Rufina,  
2323 Casa Rufina Road. 988-1116

# ACTIVITIES

## Edgewood Art Spotlight

Written by Ivena Rutledge



The Edgewood Senior Center Art Show in September will be a study of different animals, entitled "Animals from the West to the East". The center, at 114 Quail Trail in Edgewood, is open on Monday thru Friday from 9:00 a.m. to 4:00p.m. We invite you to come see what they have been working on this summer.

What a show we had last month. We sold several nice pieces. Thank you, patrons, for appreciating our work.

In August, we displayed still life. We had 27 paintings of all kinds and sizes of still life. We enjoyed doing them and learned a lot about using the colors red, yellow, and blue to get every color that we needed.

Our animal show will have animals of all kinds, from farms to wild animals from across the world. We invite you all to come view what we have learned about the animals that we share this world with.

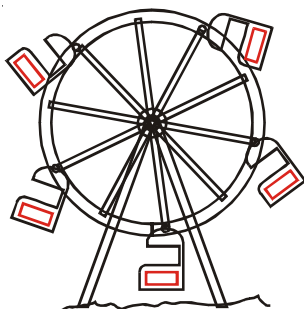
Thank you newspapers, for letting us tell our neighbors about our shows. We have reached out into our community letting seniors know we welcome them to come join us.

## State Fair Day-Trips

Tuesday or Wednesday,  
September 12<sup>th</sup> or 13<sup>th</sup>

Fee: \$8.00 (includes Fair admission)

Payment must be received no later than Friday, September 8<sup>th</sup> (open until 11:00 a.m. only) as tickets will be purchased in advance. Limited to 50 seniors each day. Call 955-4721 to reserve your space! Bus departs at 8:15 a.m. and returns by 4:15 p.m. Comfortable shoes, sunscreen, and water are recommended. Bring additional money for lunch and spending.



## Senior Center Spotlight

### Luisa Senior Center

Luisa Senior Center's activities range from embroidery/liquid embroidery and exercise classes to special projects. The tinsmith group meets occasionally to catch up on unfinished work. The Sing-a-Long and guitar classes are booming activities. Pool players meet to play after coffee or breakfast. Birthdays are celebrated once a month. On Friday afternoons, seniors play Bingo.

Luisa members are always planning some kind of event, whether it is a bake sale, craft fairs, or special parties, such as the upcoming Fiestacita.

Educational presentations are important and are scheduled occasionally. Lunch and breakfast, made by a great cook, are served daily. If you haven't already, stop by for lunch or join us in our activities.

We would like to meet you.



## Eye Glasses

On Tuesdays, from 9:30 to 4:00 you can come to the Mary Esther Gonzales Senior Center for convenient, on-site filling of prescription eye-ware at wholesale prices. There will be a wide choice of frames at 1/3 the cost of most stores. They are fully guaranteed for one year. Bring in your prescription on Tuesdays.

For more information, call 424-1035.

# SENIOR OLYMPICS SPOTLIGHT



## THERE'S GOLD IN SANTA FE

Santa Fe Senior Olympians struck it rich in Albuquerque in the first week of August, 2006. We struck gold and silver and bronze. The New Mexico Senior Olympics State Games was a resounding success and, according to Katherine Lynn, Registrar for NMSO, "all 31 Games Sites participated in the Annual Summer State Games for a total of 1205 registered athletes."

There were 102 Senior Olympians registered from Santa Fe and our local athletes brought back a whopping 206 accolades as follows:

- 80 Gold Medals
- 53 Silver Medals
- 39 Bronze Medals
- 19 Fourth Place Ribbons
- 15 Fifth Place Ribbons.

The above is an unofficial report and we expect that our numbers will be higher once the official tally is completed.

Some of our Senior Olympians are already getting ready to go to the National Games in Louisville, Kentucky in 2007 and they are revved up to go.

The Division of Senior Services wants to congratulate all of our Senior Olympians who participated in the local and State Games in 2006 for a job well done. You've made us proud.

As for our team sports, the Volleyball Tournament took place on August 18 to August 20 in Rio Rancho. The Softball Tournament will take place from September 15 to 17 in Rio Rancho. The Basketball 3-on-3 Tournament will take place on November 3 to November 6 at the Genoveva Chávez Community Center in Santa Fe. We wish the upcoming tournament players from Santa Fe the best of luck.

Hasta luego, Carmen

## IN MEMORIAM

Lee Hilley 8/3/35 – 7/2006

Levi Acuna 1920-2006

All the other Santa Fe Senior Olympians who set and bore the standard who have gone on before us.



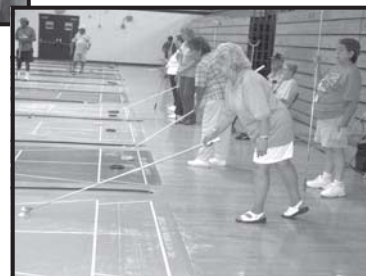
**5K  
Racewalk  
winners.**

**Opening  
Ceremony at  
Zoo**



**Bill Caperton  
and Connie  
Medina-Dance  
Winners**

**Corrine  
Sanchez-  
Shuffleboard**



## September 30 Pancake Breakfast



Villa Consuelo, 8:00am - 11:00am  
Adults - \$3, Children (10 and under) - \$1.50

# Rx-America Group, Inc.

**Rx-America Group, Inc.** is a non-profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx-America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to  
Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name \_\_\_\_\_ Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Telephone Number \_\_\_\_\_ Best Time to Call \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Prescription \_\_\_\_\_ Dosage (ml. or mg.) \_\_\_\_\_

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

## HEALTH

### BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

**All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results.** Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), Valerie Dorcy, RN, Lynn Berger, RN, and Frances Vigil, RN, (county centers) on the following dates:

<b>M.E.G. Center</b> - First and Second Tues.	<b>Sept 5, 12</b>	11:00 a.m. to 12:00 noon
<b>Luisa Center</b> - First Thurs.	<b>Sept 7</b>	11:00 a.m. to 12:00 noon
<b>Villa Consuelo Center</b> - Second Thurs.	<b>Sept 14</b>	10:00 a.m. to 11:00 a.m.
<b>Ventana de Vida Center</b> - Third Thurs.	<b>Sept 21</b>	11:00 a.m. to 12:00 noon
<b>Edgewood Center</b> - Every Thurs.	<b>Sept 7, 14, 21, 28</b>	1:00 p.m. to 3:00 p.m.
<b>El Rancho Center</b> - Second Tues.	<b>Sept 12</b>	10:00 a.m. to 12:00 noon
<b>Santa Cruz Center</b> - Third Wed.	<b>Sept 20</b>	11:00 a.m. to 1:00 p.m.



# HEALTH

## Understanding Parkinson's Disease

(From *Caregiver Assistance News* January 2006)

Parkinson Disease (PD) is caused by the loss or degeneration of nerve cells that produce a substance called dopamine in the brain. Dopamine is an important chemical messenger or neurotransmitter. The loss of dopamine-containing cells affects the body's ability to control normal movements. The symptoms of Parkinson's first begin to appear when the levels of dopamine in the brain fall below about 20% of normal. Not everyone will experience exactly the same symptoms at the same time. The disease can affect everyone very differently and in some cases it may be many years before there is any disability or significant limitation of daily activities. In the early stages of Parkinson's disease symptoms often tend to affect one side of the body first, and later on spread to the other side of the body.

### Typical symptoms:

- **Shaking or trembling** in the hands, arms, legs, jaw and face; referred to as a tremor
- **Stiffness or rigidity** where muscles become tight and stiff
- **Slowness of movement** difficulty initiating movements, like getting up from a chair.
- **Problems with balance** and co-ordination, which are usually late in the disease. In addition, sleep disturbances, depression, difficulties with speech or swallowing, and memory loss can occur later in the disease. Many of these symptoms can be improved with medications.

### Treatment

Caregivers and patients work with the doctor to find the right balance of medications to effectively manage the symptoms of PD. Treatment is generally started with low doses of a drug; this dose is then gradually increased until the required control over the symptoms is achieved. The doctor will recommend a particular treatment depending on the patient's specific symptoms. The dose and timing of medications may need to be adjusted over time as symptoms change (or side effects occur). A combination of different medications is often required to provide the most effective symptom control.

## Cellular Phones

(From the City of Santa Fe's *Quick Read* June 2005)

Cellular phones operate with radio frequencies, a form of energy located on the electromagnetic spectrum between FM radio waves used in microwave ovens, radar, and satellite stations. Cell phones do not emit ionizing radiation, the type that damages DNA and is known to have the ability to cause cancer.

What is the bottom line? Cellular telephones are a relatively new technology; we do not yet have full information on health effects. However, the lack of ionizing radiation and the low energy level emitted from cell phones and absorbed by human tissues make it unlikely that these devices cause cancer.

## When is an Emergency Really an Emergency?

(From the New Mexico Aging & Long Term Services Department)

The ER is a place where all the wonderful advances of modern medicine can focus on life endangering illnesses. But it's also a place where about 40% of visits are made unnecessarily for everyday sore throats and minor cuts and scrapes, not emergencies. This means delays in care, gaps in follow up, and higher costs.

How to avoid unnecessary trips to the emergency room:

- Arrange a "medical home" for you and your family with a family practice, pediatrics, or internal medicine doctor.
- Ask this doctor the best way to handle urgent care issues during and outside regular office hours for example, should you call the after hours number or go to a walk-in clinic?
- When in doubt about whether to go to emergency room call your doctor and ask for guidance. Or call a 24/7 nurse advice line, if available.

When should you go to the emergency room or call 911? For trouble breathing, chest pain, sudden difficulty speaking or seeing, sudden one sided weakness, or fainting. Follow these simple steps to get the care you need it and quite possibly avoid the higher charges that can come with ER visits.

# HEALTH

## SENIOR FITNESS

### Exercise and Prostate Cancer

By Jim Evans

**DEAR JIM:** At 65, I have recently been diagnosed with early prostate cancer. My doctor has recommended a “wait and see” attitude until considering any conventional treatment. At the same time, he has suggested that I reduce the fat in my diet and begin an exercise program to slow – or possibly even reverse - its progression. I know I’m a little overweight, and I’m not real big on exercise, but this course of action seems a little too “way out” to me. I’m tempted to just have the necessary surgery and move on with my life rather than wait for the other shoe to drop, so to speak. **DOUBTING TOM IN TEMECULA**

**DEAR TOM:** I’m sure I don’t have to tell you that prostate cancer is the most common cancer for men – the second deadliest following lung cancer – according to the American Cancer Society and is more prevalent in men over 65. However, since it is a very slowly progressing form of cancer, it is not unusual to delay conventional surgery or radiation (or hormone) treatment. This period of waiting is typically called “watchful waiting.”

It is also not unusual to seek alternative ways to control prostate cancer, and your doctor seems to be up to date on the latest research. According to a study released by the University of California, San Francisco (Journal of Urology, September 2005), and reiterated by Dr. Dean Ornish, clinical professor at the University, “Changes in diet and lifestyle that we found in earlier research could reverse the progression of coronary heart disease may also affect the progression of prostate cancer.”

What changes, in particular? Diet changes were, perhaps, the most inflexible with an almost total emphasis on vegetables, fruits, whole grains, legumes, and soy products supplemented by fish oil, selenium, and vitamins C and E. And, of course, good old-fashioned exercise in the minimal form of at least walking for 30 minutes a day, six days a week was part of the equation. The study also mandated 60 minutes of stress management daily – yoga, for example.

Some participants in the study group dropped out because, they said, the diet and lifestyle changes were too difficult to follow. Too bad, because after the first year, the average PSA levels for participants who followed the recommended regimen decreased by 4%, and NONE required any treatment due to prostate cancer progression. In contrast, the control group, which did not follow the regimen, showed an average increase of 6% in PSA level and several of its participants required conventional prostate cancer treatment.

So, should you follow your doctor’s advice? That’s up to you. You should probably get a second opinion anyway, but it sounds like your current doctor is pretty progressive and knows the right course of treatment for you – that is, if you’re not too stubborn to admit it and make the necessary changes in your daily life. Just because you’re 65 doesn’t mean you can’t teach an old dog (that’s you, my friend) new tricks and learn to live a healthier lifestyle.



## Medication Tips

It is important that caregivers understand how much medication should be taken, when medication should be taken, (before, with or after food), and what other types of medication should not be combined with the current medication. Any side effects experienced from the medication should be mentioned to the doctor. Average age diagnosed is 60 years, however, one in 20 people with Parkinson’s first develop symptoms between the ages of 21 and 40.

# SAFETY

## First Aid Primer

(From the American Red Cross)

If you encounter someone who is injured, apply the emergency action steps **Check, Call, Care**. Check the scene to make sure it is safe for you to approach. Then check the victim for unconsciousness and life-threatening conditions. Someone who has a life-threatening condition (such as severe bleeding or not breathing) requires immediate care by trained responders and may require treatment by medical professionals. Call out for help. There are some steps that you can take, however, to care for someone who is hurt, but whose injuries are not life threatening.

### Control bleeding.

- Cover the wound with a dressing, and press firmly against the wound (direct pressure).
- Elevate the injured area above the level of the heart if you do not suspect that the victim has a broken bone.
- Cover the dressing with a roller bandage.
- If the bleeding does not stop: Apply additional dressings and bandages. Use a pressure to squeeze the artery against the bone.
- Provide care for shock.

### Care for shock

- Keep the victim from getting chilled or overheated.
- Elevate the legs about 12 inches (if broken bones are not suspected).
- Do not give food or drink to the victim.

### Tend burns

- Stop the burning by cooling the burn with large amounts of water.
- Cover the burn with dry, clean dressings or cloth.

### Reduce any care risks

The risk of getting a disease while giving first aid is extremely rare. However to reduce the risk even further:

- Avoid direct contact with blood and other body fluids.
- Use protective equipment, such as disposable gloves and breathing barriers.
- Whenever possible, thoroughly wash your hands with soap and water immediately after giving care.

## Security

(From AARP Home Insurance)

You can incorporate several features in your home to increase personal security:

- On the inside handle of an outside door, hang a portable unit that sounds an alarm when someone outside tries to open the door.
- A portable security intercom allows identification of visitors from anywhere in the house - a feature particularly helpful to people who have mobility limitations, or are in another part of the house.
- Install an emergency response system that's activated by a button, which can be worn on the wrist, hung around the neck, or placed on a bedside table. One touch signals a 24-hour emergency response center to send help. This type of system also provides two-way voice capability.

## Don't Let Safety Take a Back Seat When RVing

(Excerpted from *The New Mexico Senior Citizen* June 2006)

Even on the road, travelers can take steps to ensure that their "home away from home" is safe and accessible for miles of enjoyable travel.

You should thoroughly inspect your RV's basic systems before hitting the road. In fact make sure to check the following at least one week prior to your trip: tires, brakes, jacks, lights, oil, radiator, belts, horn, shocks, steering, windshield wipers and washers, lubrication and other vital equipment. Pay close attention to the tires, ensuring they are inflated in accordance with proper inflation pressures for the load.

Just as important as checking the mechanics of your RV is ensuring the interior is safe. Rugs, runners and mats should be adhered securely to the floor to prevent trips and falls. A sturdy handrail should be easily accessible for additional support and safety when entering or exiting the vehicle and in the restroom. In the bathroom, use non-skid mats or tread strips in the shower stall to prevent the floor from becoming slippery.

# PUZZLES

4

by Nancy Salomon

## ACROSS

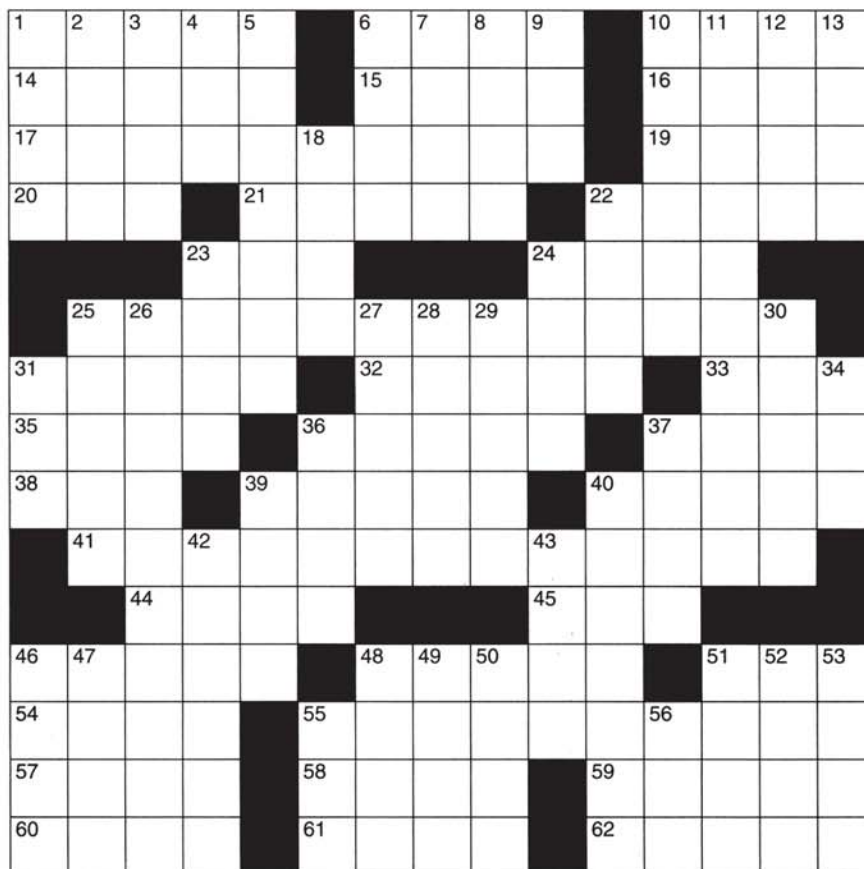
- 1 Leave without paying  
6 Over the edge  
10 Not fooled by  
14 Group that has its own organ  
15 "The Black Stallion" boy  
16 Denunciate, with "at"  
17 1958 Rosalind Russell comedy  
19 As to  
20 British sports cars  
21 Utopias  
22 Dial sounds  
23 Plus  
24 Like unwashed hair  
25 1955 Fred Astaire/Leslie Caron musical  
31 Gardens amidst the sands  
32 Left, at sea  
33 Photo —  
35 Abbr. on an envelope  
36 Free, as knots  
37 — Alto, Calif.  
38 Mink's coat  
39 Hankerings  
40 Arrived  
41 1981 Joan Crawford exposé starring Faye Dunaway  
44 Chops (off)  
45 "She loves me —"  
46 Clumps of earth  
48 Take care of  
51 Verse on a vase  
54 Throw a tantrum  
55 1963 film of a Chekhov classic with Laurence Olivier  
57 Word after "roger"  
58 Wit Mort  
59 Animated Fudd  
60 Caution

- 61 "I" problems  
62 Title pages?

## DOWN

- 1 Rip-off  
2 Hood  
3 They're charged  
4 Like a fiddle?  
5 Hit 1990's NBC sitcom  
6 Clue, for one  
7 Money guru Greenspan  
8 Precious stones  
9 Woodsman's tool  
10 Cal Ripken, for one  
11 Female butters  
12 Spare, maybe  
13 Bullfight bravos  
18 Whirlpool  
22 Pinball foul  
23 Yemeni city  
24 Very nasty sort  
25 It's a fact  
26 Reader of heavenly signs  
27 Hope of "Peyton Place"  
28 Made a choice  
29 Ping or zing  
30 Challenge for a bowler  
31 Bumbling one  
34 Junior  
36 "Exodus" author  
37 Dickinson or Frost, e.g.  
39 Ballpark figures  
40 Moved to the music, slangily  
42 Contemporary  
43 Upfront money

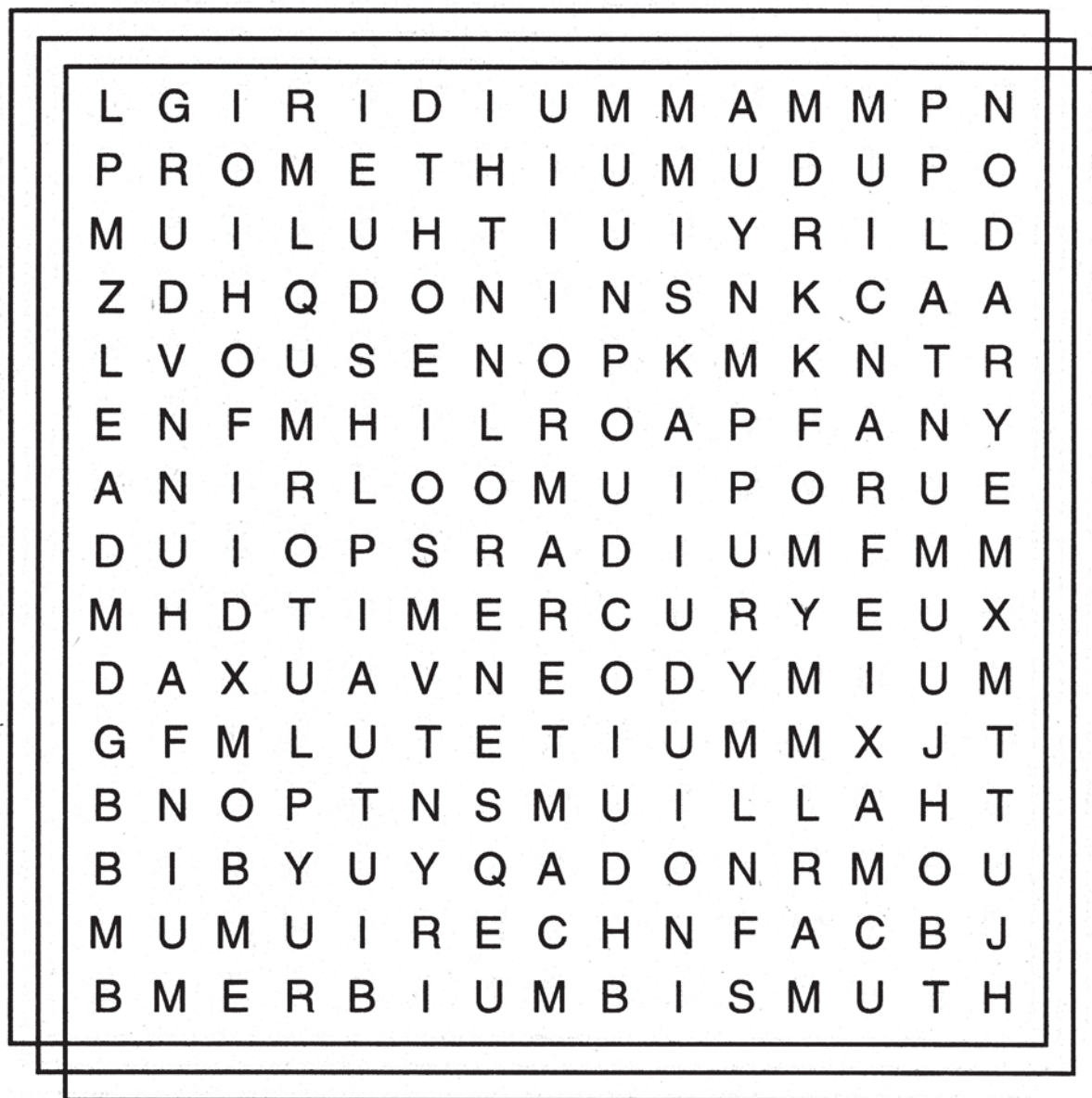
- 46 Meal for the humble?  
47 Volcanic flow  
48 Barely catch  
49 Kind of chamber  
50 Building extensions  
51 Treater's words  
52 Changed colors  
53 Pairs with drums  
55 Take advantage of  
56 Hearty brew





# PUZZLES

## CHEMISTRY



W-0105

ASTATINE  
BISMUTH  
CERIUM  
DYSPROSIUM  
ERBIUM  
EUROPIUM  
FRANCIUM

GADOLINIUM  
GOLD  
HAFNIUM  
HOLMIUM  
IRIDIUM  
LEAD

LUTETIUM  
MERCURY  
NEODYMIUM  
OSMIUM  
PLATNUM  
POLONIUM

PROMETHIUM  
RADIUM  
RADON  
RHENIUM  
THALLIUM  
THULIUM

# PUZZLE ANSWERS

S	T	I	F	F		G	A	G	A		O	N	T	O
C	H	O	I	R		A	L	E	X		R	A	I	L
A	U	N	T	I	E	M	A	M	E		I	N	R	E
M	G	S		E	D	E	N	S		T	O	N	E	S
			A	N	D				O	I	L	Y		
	D	A	D	D	Y	L	O	N	G	L	E	G	S	
O	A	S	E	S		A	P	O	R	T		O	P	S
A	T	T	N		U	N	T	I	E		P	A	L	O
F	U	R		U	R	G	E	S		G	O	T	I	N
	M	O	M	M	I	E	D	E	A	R	E	S	T	
		L	O	P	S				N	O	T			
C	L	O	D	S		S	E	E	T	O		O	D	E
R	A	G	E		U	N	C	L	E	V	A	N	Y	A
O	V	E	R		S	A	H	L		E	L	M	E	R
W	A	R	N		E	G	O	S		D	E	E	D	S

L	G	I	R	I	D	I	U	M	M	A	M	M	P	N
P	R	O	M	E	T	H	I	U	M	U	D	U	P	O
M	U	I	L	U	H	T	I	U	I	Y	R	L	D	
Z	D	H	Q	D	O	N	I	N	S	N	K	C	A	A
L	V	O	U	S	E	N	O	P	K	M	K	N	T	R
E	N	F	M	H	I	L	R	O	A	P	F	A	N	Y
A	N	I	R	L	O	O	M	U	I	P	O	R	U	E
D	U	I	O	P	S	R	A	D	I	U	M	F	M	M
M	H	D	T	I	M	E	R	C	U	R	Y	E	U	X
D	A	X	U	A	V	N	E	O	D	Y	M	I	U	M
G	F	M	L	U	T	E	T	I	U	M	M	X	J	T
B	N	O	P	T	N	S	M	U	I	L	L	A	H	T
B	I	B	Y	U	Y	Q	A	D	O	N	R	M	O	U
M	U	M	U	I	R	E	C	H	N	F	A	C	B	J
B	M	E	R	B	I	U	M	B	I	S	M	U	T	H

# SENIOR CENTER LUNCH MENU

## SEPTEMBER 2006

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
				<b>1</b> CHICKEN FRIED STEAK MASHED POTATOES CREAM GRAVY PEAS & CARROTS ROLL MILK SHERBET
<b>4</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF LABOR DAY</b>	<b>5</b> SALISBURY STEAK RICE PILAF BROWN GRAVY BRUSSELS SPROUTS COLE SLAW ROLL MILK NUTRI-GRAIN BAR	<b>6</b> LASAGNA WITH MEAT SAUCE ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST MILK BANANA	<b>7</b> PORK CHOP MUSHROOM GRAVY PARSLEY POTATOES 5 WAY VEGGIES ROLL MILK PEACHES	<b>8</b> <b>ALL CENTERS CLOSED IN OBSERVANCE OF FIESTAS!</b>  <b>MEALS ON WHEELS ONLY</b>
<b>11</b> CHICKEN WITH CREAM OF MUSHROOM SAUCE STEAMED RICE ITALIAN VEGGIES ROLL MILK YOGURT	<b>12</b> BEEF TIPS WITH GRAVY OVER NOODLES CARROTS ROLL MILK PEARS	<b>13</b> * TURKEY SANDWICH GARNISH CUP OF SOUP COLESLAW CRACKERS MILK FRUIT CUP	<b>14</b> SALMON PATTY RED CHILE SAUCE MACARONI & CHEESE CORN ROLL MILK PINEAPPLE BITS	<b>15</b> CARNE ADOVADA SPANISH RICE CALABACITAS SPANISH SLAW TORTILLA MILK ICE CREAM
<b>18</b> BAKED COD SCALLOPED POTATOES CALIF. VEGGIES ROLL MILK APPLE	<b>19</b> TURKEY MEAT LOAF GRAVY FRENCH STYLE GREEN BEANS NEW POTATOES ROLL / MILK JELLO	<b>20</b> HAM WITH HONEY GLAZE YAMS BROCCOLI TOSSED SALAD ROLL MILK PLUMS	<b>21</b> RED CHILE BEEF ENCHILADAS REFRIED BEANS SPANISH SLAW TORTILLA MILK SWEET RICE	<b>22</b> BBQ CHICKEN STEAMED RICE ORIENTAL VEGGIES ROLL MILK 1/2 GRAPEFRUIT
<b>25</b> CHICKEN CORDON BLEU WITH MARINARA SAUCE MIXED VEGGIES PARSLEY POTATOES ROLL MILK GRANOLA BAR	<b>26</b> SWEET N SOUR PORK FRIED RICE ORIENTAL VEGGIES EGG ROLL MILK FORTUNE COOKIE	<b>27</b> ROAST BEEF MASHED POTATOES MUSHROOM GRAVY CAULIFLOWER ROLL MILK SLICED APPLES	<b>28</b> GREEN CHILE TORTILLA CHEESEBURGER PINTO BEANS CUCUMBER SALAD MILK WATERMELON	<b>29</b>  <b>COOKS' CHOICE</b>

\*On Wednesday September 13th, Meals on Wheels will receive potato salad instead of cup of soup.

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50

Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25



City of Santa Fe  
Division of Senior Services  
200 Lincoln Ave.  
Santa Fe, New Mexico 87504-0909

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